

May 5 – May 11, 2021

coopTM
deals

Make Mother's Day Magic!



1 lb.
pack



ORGANIC STRAWBERRIES
California or Mexico Grown

\$3.99



CO-OP
MADE

new

OUTPOST BAKEHOUSE
Chiffon Cake

\$4.99/EA.



6 oz.
pack



ORGANIC BLUEBERRIES
Mexico Grown

\$2.99



WHOLEY
Cooked Shrimp
41/50 count

\$9.49/16 OZ.



WISCONSIN
MEADOWS
Heart-Shaped
Beef Ribeye Steaks
100% grassfed

\$18.99/LB.



CREAM CITY
SOAP CO.
Candles

Assorted hand poured
soy wax candles with
pure essential oils,
6 oz.

\$15.99/EA.



FRESH
TULIPS

Washington Grown

Other flowers and plants also available

\$5.99/BUNCH

**Your Community Owned
Grocer Since 1970**

Open Daily

OUTPOST
NATURAL FOODS

Cakes Make a Celebration Special!

Celebrate the events of your life with a personalized, made-from-scratch cake from our In House Bakery. Our all-natural cakes include organic and local ingredients. Vegan and wheat-free options are also available!

Order your custom-decorated cake from one of our cafes today!

Visit - outpost.coop/shop/cakes/

Custom cakes require a 48 hour advance notice.



Spring has sprung and we've got the flowers!

All Store Locations

Maggie's Herbs & Heirlooms will be available starting May 7th

Bay View & State Street Locations

414 Flowers is back in our parking lot and NEW this season, at Tosa too!

Capitol Drive Location

Teens Grow Greens will be selling seedlings on Saturdays, starting May 15, 9 a.m. – 1 p.m.



OUTPOST

NATURAL FOODS

Milwaukee • 100 E. Capitol Drive
414.961.2597

Wauwatosa • 7000 W. State Street
414.778.2012

Bay View • 2826 S. Kinnickinnic Avenue
414.755.3202

Mequon • 7590 W. Mequon Road
262.242.0426

www.outpost.coop



Sales for
OWNERS

get fresh
owner savings*

Wednesday 05/05/21
through 05/11/21

Not an owner yet? Stop by Customer Service to learn more about the benefits of ownership!



OUTPOST
Turkey Parmesan Pasta Salad

\$8.99/LB.



WISCONSIN MEADOWS
Boneless Beef Rib Roast
100% grassfed

\$16.99/LB.



**ORGANIC COLLARDS
OR RAINBOW CHARD**
California Grown

\$1.99/BUNCH



**BLAKESVILLE
CREAMERY**
Chèvre

\$6.39/6 oz.

owner savings*



get local **North Branch Maple Syrup**
Suamico, WI • 125 Miles to Market

North Branch Maple Syrup's heritage dates back generations. Here is their story, in their own words: "Our ancestors lived off the land; logging, farming, fishing, gardening, canning, and tapping the abundance of maple trees that northern Wisconsin has become so well-known for. The love of the land and those hard-working values were passed down generations to us. While time has allowed for upgrades in the technology of our collection and cooking systems, our passion for crafting delicious syrup remains the same. When cold winter days begin to give way to hints of spring, you will still find our entire family working together on our secluded piece of timber, overlooking the crystal-clear waters of the Oconto River's north branch. In an effort to share some of our own sweet memories with you, we now package and sell our maple products. We can only hope that, when you taste them, they bring you the same joy that they have brought to our family for so many years."



OUTPOST BAKEHOUSE
Single Layer Mexican Chocolate
or Wheat-Free Yellow Cake

\$1 OFF/EA.



NORTH BRANCH
Maple Syrup
12-32 oz.

\$2 OFF



owner savings*
get local

OWNERS TAKE 5% OFF

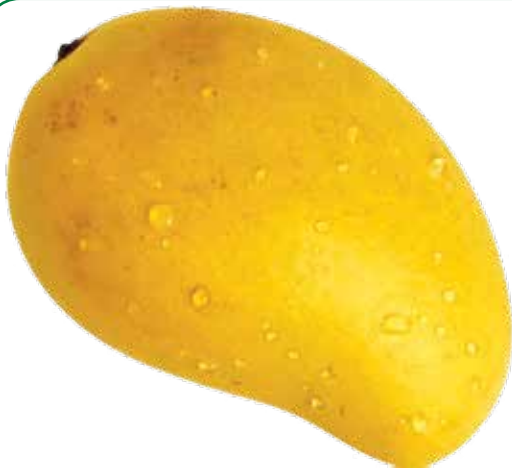
get fresh
owner savings*

OWNERS - Go for the gold!
The color of your special savings signs is now gold.

Sales for
EVERYONE

co+op™ deals

Wednesday 05/05/21
through 05/11/21



ORGANIC ATAULFO MANGOES
Mexico Grown

4/\$5



Fresh
Sliced in
the Café

FERNDALE
Smoked Turkey

\$1 OFF/LB.



ORGANIC GALA OR
GRANNY SMITH APPLES
Washington Grown

\$1.69/LB.



Fresh
Sliced in
the Café

FARMERS & COOKS
Roast Beef

\$1 OFF/LB.



ORGANIC
ROMAINE LETTUCE
California Grown

\$1.99/LB.



SCALLOPS
10/20 Count

\$2 OFF/LB.



OUTPOST
Sicilian Pork Sausage

\$4.99/LB.



AUTHENTICALLY LOCAL. Here at Outpost, we define LOCAL as being grown or produced in Wisconsin and REGIONAL as being grown or produced in a state that borders Wisconsin.



Sale runs May 5 – May 11

Limited supply on sale items

Covid-19 continues to impact production on high demand items



BULK
Organic Bulgur
Grown in the USA

\$2.29/LB.



BULK
Raw Organic
Almonds,
Cashews,
Pecans, and
Walnuts

1 lb. pk. or per lb.

**GO
NUTS!**

25% OFF



BULK PACK
Organic Dried
Turkish Apricots
Grown in Turkey,

\$4.99/1 LB. PK.



BULK
Greek Yogurt Almonds or Raisins
& Mango Yogurt Almonds

SAVE \$2/LB.



JUST COFFEE
Fair-Trade Coffee

In bags or in bulk,
whole beans or
ground varieties,
12 oz. pk. or per lb.

\$10.99



BULK
Organic Rice
Long grain
white or brown,
our everyday low price,

\$1.99/LB.



Celebrate WORLD FAIR TRADE DAY

Saturday, May 8, 2021



**SUPER
SALE!**

DR. BRONNER'S
Fair-Trade Coconut Oil
14 oz. or 30 oz.

BUY 1 GET 1 FREE



EQUAL EXCHANGE
Chocolate Chips
Semi Sweet or Bittersweet,
10 oz.

\$3.99



**Save
\$1/bar**

EQUAL EXCHANGE
Chocolate Bars
Select varieties,
2.8 oz.

\$2.99



LA RIOJANA
Extra Virgin Olive Oil
Cooperatively grown in Argentina,
25.5 oz.

\$9.99



ALAFFIA
Everyday Shea Hand Soap
Made with fair trade unrefined
shea butter, virgin coconut oil
and protective neem leaf,
12 oz.

\$4.79



ECO LIPS
Lip Balm
Mango Kiss Vanilla
Made from organic Mongongo
oil from Africa and organic Fair-
Trade Certified cocoa butter,
0.25 oz.

\$2.79



Sale runs May 5 – May 11

Limited supply on sale items

Covid-19 continues to impact production on high demand items



BAGELS FOREVER
New York-Style Bagels
Made with all
natural ingredients;
assorted varieties,
4 ct.

4/\$5



SIETE
Grain-Free
Tortillas
Almond or chickpea
flour; soy-
and gluten-free;
vegan,
7 oz.

\$6.99



ANGELIC
BAKEHOUSE
Sprouted Grain
Burger or
Hotdog Buns
16 oz.

2/\$7



CAPPELLO'S
Almond
Flour Crust
Frozen Pizzas
Select varieties;
gluten-free,
12 oz.

\$6.99



GARDEIN
Plant-Based
Seven Grain
Crispy Tenders
Vegan,
9 oz.

\$3.99



HISTORIC
TREMPEALEAU
HOTEL
Walnut Burgers
Seasoned walnut
and cheese patties,
4 ct.

\$8.99



M&M ORGANIC FARMS
Soy-Free Eggs
Free range, ungraded; from Wonewoc, WI,
12 ct.

\$4.99



FAGE
Greek-Style
Yogurt
Unbelievably
thick and creamy;
full fat or fat-free,
17.6 oz.

\$2.99



HODO SOY
Savory Tofu Cubes
Assorted varieties;
gluten-free; vegan,
8 oz.

\$4.49



JUST EGG
Plant-Based Scramble
Vegan,
12 oz.

\$3.49



SIGGI'S
Icelandic Yogurt
Rich in protein;
assorted varieties,
5.3 oz.

4/\$5



UPTON'S
NATURALS
Seitan
Assorted varieties;
vegan,
8 oz.

\$3.49



**THE NAKED
BAKER**
Gluten-Free
Cookies
Taste like
homemade,
4-pk.

\$4.99



A DOZEN COUSINS
Seasoned Beans
Heat & serve; Cuban black
beans, Mexican pinto beans,
or curried chickpeas,
10 oz.

2/\$6



CHIP MAGNET
Salsa
Made in Eau Claire, WI;
select varieties,
16 oz.

\$3.69



FORAGER
Organic
Plant-Based Cereal
Grain-free & gluten-free;
cinnamon, chocolate, or
lightly sweetened varieties,
7 oz.

\$3.99



MIRACLE
Shirataki
Noodle Entrees
Warm 'n' serve; Curry, Tom
Yum, Pho, or Pad Thai,
10 oz.

\$3.99



MUIR GLEN
Canned Tomatoes
Diced, whole peeled,
petite diced, and
diced fire
roasted varieties,
14.5 oz.

10/\$10



WATERLOO
Sparkling Water
Select varieties,
12-pk.

\$4.69



**Special
Purchase**

S&W
Heirloom
Canned Beans
Select varieties,
pre-cooked and convenient;
great for a change of pace,
15 oz.

3/\$6



ANNIE'S NATURALS
Organic Ketchup
24 oz.

\$3.49



BLUE SKY
Natural Soda
Select varieties,
6-pk.

\$3.69



GITTO FARM 'N' KITCHEN
Organic Flour Tortilla
Made in Watertown, WI,
8-inch & 10 inch

\$1 OFF



SIETE
Grain-Free
Taco Shells
5.5 oz.

\$4.99



WILD HARVEST
Cat and Dog Food
Premium and
grain-free varieties;
wet and dry;
everyday low prices,
5.5 oz. - 4 lb.

\$1.29-\$10.99

**Coop
deals**

Sale runs May 5 – May 11

Limited supply on sale items

Covid-19 continues to impact production on high demand items



ACURE
Brightening
Facial Scrub
*With sea kelp and
French green clay,*
4 oz.

\$7.99



ALBA BOTANICA
Sunblock Sport SPF45
*Biodegradable formula, reef-
friendly and cruelty free,*
4 oz.

\$9.49



AURA CACIA
Eucalyptus
Essential Oil
*Use in salves, muscle rubs
and clarifying diffusions,*
0.5 oz.

\$5.89



ECOS
Hand Soap Refill
Convenient refill size bottle,
32 oz.

\$5.99



LIFE-FLO
Fractionated
Coconut Oil
*Stays liquid at room
temperature,*
16 oz.

SAVE \$4



new
ATTITUDE
Shampoo
*EWG-verified and Ecologo-
certified shampoo and
conditioner,*
16 oz.

\$8.99



JASON
Healthy Mouth
Mouthwash
For minty fresh breath,
16 oz.

\$7.99



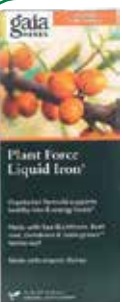
AMAZING GRASS
Hydrate
Strawberry Lemon
*Greens, nutrients, electrolytes,
and vitamins in a convenient
effervescent tablet,*
10 ct.

\$7.49



ENZYMEDICA
Digest Gold
Enzyme digestive support,
45 ct.

SAVE \$7



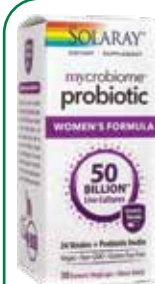
GAIA HERB
Plantforce
Liquid Iron
*Vegetarian formula,
gentle on the stomach,
easy-to-digest,*
8.5 oz.

SAVE \$8



NATURE'S WAY
Alive! Women's 50+
Once Daily Ultra
*Nutrient diverse women's vitamin
formulated with food-based blends
and high-potency B-vitamins,*
60 ct.

SAVE \$8



SOLARAY
Women's Mycrobio
Probiotic
*Specially formulated for
women's health with 39 billion
CFUs of 11 probiotic strains,*
30 ct.

SAVE \$6



NATURAL STACKS
Dopamine Brain Food
*Supports the brain's
natural pathways of
dopamine production,*
60 cap.

SAVE \$8



WYLD
CBD Gummies
*US-grown
broad spectrum
hemp extract,*
2.8 oz.

SAVE \$9



OUTPOST
Folic Acid 800mcg
*For healthy red blood cell
formation, heart health and
protein synthesis,*
100 ct.

\$4.99

coop
deals

Sale runs May 5 – May 11

Limited supply on sale items

Covid-19 continues to impact production on high demand items